

# COUCH TO 5K TRAINING PLAN

California Farmland Trust | Race to Slow the Pace | September 19, 2021



	WORKOUT 1	WORKOUT 2	WORKOUT 3
WEEK 1	Brisk 5-minute warmup walk, then do 8 reps of: <ul style="list-style-type: none"><li>• 60 seconds of jogging</li><li>• 90 seconds of walking</li></ul>	Brisk 5-minute warmup walk, then do 8 reps of: <ul style="list-style-type: none"><li>• 60 seconds of jogging</li><li>• 90 seconds of walking</li></ul>	Brisk 5-minute warmup walk, then do 8 reps of: <ul style="list-style-type: none"><li>• 60 seconds of jogging</li><li>• 90 seconds of walking</li></ul>
WEEK 2	Brisk 5-minute warmup walk, then do 6 reps of: <ul style="list-style-type: none"><li>• 90 seconds of jogging</li><li>• 2 minutes of walking</li></ul>	Brisk 5-minute warmup walk, then do 6 reps of: <ul style="list-style-type: none"><li>• 90 seconds of jogging</li><li>• 2 minutes of walking</li></ul>	Brisk 5-minute warmup walk, then do 6 reps of: <ul style="list-style-type: none"><li>• 90 seconds of jogging</li><li>• 2 minutes of walking</li></ul>
WEEK 3	Brisk 5-minute warmup walk, then do 2 reps of: <ul style="list-style-type: none"><li>• 3 minutes of jogging</li><li>• 90 seconds of walking</li><li>• 5 minutes of jogging</li><li>• 3 minutes of walking</li></ul>	Brisk 5-minute warmup walk, then do 2 reps of: <ul style="list-style-type: none"><li>• 3 minutes of jogging</li><li>• 90 seconds of walking</li><li>• 5 minutes of jogging</li><li>• 3 minutes of walking</li></ul>	Brisk 5-minute warmup walk, then do 2 reps of: <ul style="list-style-type: none"><li>• 3 minutes of jogging</li><li>• 90 seconds of walking</li><li>• 5 minutes of jogging</li><li>• 3 minutes of walking</li></ul>
WEEK 4	Brisk 5-minute warmup walk, then do: <ul style="list-style-type: none"><li>• 5 minutes of jogging</li><li>• 90 seconds of walking</li><li>• 8 minutes of jogging</li><li>• 3 minutes of walking</li><li>• 5 minutes of jogging</li></ul>	Brisk 5-minute warmup walk, then do: <ul style="list-style-type: none"><li>• 5 minutes of jogging</li><li>• 90 seconds of walking</li><li>• 8 minutes of jogging</li><li>• 3 minutes of walking</li><li>• 5 minutes of jogging</li></ul>	Brisk 5-minute warmup walk, then do: <ul style="list-style-type: none"><li>• 5 minutes of jogging</li><li>• 90 seconds of walking</li><li>• 10 minutes of jogging</li><li>• 3 minutes of walking</li><li>• 5 minutes of jogging</li></ul>
WEEK 5	Brisk 5-minute warmup walk, then do: <ul style="list-style-type: none"><li>• 5 minutes of jogging</li><li>• 3 minutes of walking</li><li>• 10 minutes of jogging</li><li>• 3 minutes of walking</li><li>• 5 minutes of jogging</li></ul>	Brisk 5-minute warmup walk, then do: <ul style="list-style-type: none"><li>• 8 minutes of jogging</li><li>• 5 minutes of walking</li><li>• 15 minutes of jogging</li></ul>	Brisk 5-minute warmup walk, then do 20 minutes of jogging with no walking.  <b>SUBMIT YOUR RUN REGISTRATION &amp; SHARE ON SOCIAL MEDIA! BE SURE TO TAG @CAFARMTRUST</b>
WEEK 6	Brisk 5-minute warmup walk, then do <ul style="list-style-type: none"><li>• 10 minutes of jogging</li><li>• 3 minutes of walking</li><li>• 10 minutes of jogging</li></ul>	Brisk 5-minute warmup walk, then do 25 minutes of jogging.	Brisk 5-minute warmup walk, then do 25 minutes of jogging.
WEEK 7	Brisk 5-minute warmup walk, then do 28 minutes of jogging.	Brisk 5-minute warmup walk, then do 28 minutes of jogging.	<b>THE FINAL WORKOUT!</b> Brisk 5-minute warmup walk, then do 30 minutes of jogging.

## WEEK 8 - PARTICIPATE IN RACE TO SLOW THE PACE!